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Soldiers mourn Sgt. Goudreault

AFGHANISTAN Lt. Matthew Hoare won't soon forget the battlefield lessons he learned from Sgt. Martin Goudreault.

"The guidance that he gave me personally is something that I will always carry with me," Hoare said of Goudreault, who on Sunday became the latest Canadian soldier to die in Afghanistan when he was killed by the blast of a makeshift bomb.

"It's a loss I think we're all going to feel."

Before dawn this morning, hundreds of soldiers gathered on the tarmac of Kandahar Airfield to share in that loss. A procession of military pallbearers carried Goudreault's flag-draped casket and placed it into the back of a military transport, where it began its long journey back to Canada.

A native of Sudbury, and known as Marty to his friends, Goudreault was a 15-year veteran of the Canadian Forces who was serving with the 1st Battalion of the Royal Canadian Regiment when he died.

THE CANADIAN PRESS

Learning Curve pg 9

Explosive research

Celebrity Buzz pg 13

Pinsky ready to say sorry to LiLo

On the web
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RED SAXON/THE ASSOCIATED PRESS

Alanis Morissette is married. A representative for the 36-year-old Ottawa native tells The Canadian Press Morissette tied the knot with singer and rapper Souleye, whose real name is Mario Treadway.

Isn't it ironic? Alanis gets hitched

MARRIAGE Here's something you oughta know: Canadian pop star Alanis Morissette is off the market.

A representative for the Ottawa native told The Canadian Press yesterday that Morissette has married singer and rapper Souleye, whose real name is Mario Treadway.

The couple tied the knot May 22 at their Los Angeles home, a little more than a week before her 36th birthday.

It is the first marriage for both.

Morissette later confirmed the news on Facebook.

"So happy to share with you that my man Souleye and I got married," she wrote. "We're very excited to embark on this journey with each other."

Photos of Morissette and Treadway, an unsigned 30-year-old underground rapper, canoodling during a shopping trip in Santa Monica, Calif., circulated through the blogosphere in November.

Morissette appeared at the red-carpet premiere of Prince of Persia May 18, just days before the wedding (she performed the movie's theme song, I Remain).

Her Jagged Little Pill remains the highest-selling debut album worldwide, with 30 million units moved globally. She's sold more than 60 million albums and has won seven Grammy Awards and 12 Junos.

THE CANADIAN PRESS

Drug prices set to spike

Province to axe $750M in fees paid to pharmacists by drug companies

Get ready to pay more for your prescription medications.

Ontario's Liberal government moved yesterday to eliminate $750 million a year in so-called professional allowance fees paid by generic drug companies to pharmacists, despite warnings the move could lead to new charges for patients, service reductions and store closures.

In exchange for pulling the plug on the lucrative payments starting July 1, the government will invest $224 million a year in pharmacies, the bulk of that to raise dispensing fees by $1 to $8 per prescription.

There is $25 million to pay for even higher dispensing fees in rural and northern communities, reaching up to $12 per prescription if there is no other drug store for 25 kilometres.

About $75 million was to be set aside to pay pharmacists for new services to patients, but the government has agreed to start paying that money immediately as a transition fee and then phase it out over three years as it starts phasing in the new services.

There will also be a $10 raise to $60 for each service under the existing $50 million a year MedsCheck program, which sees pharmacists review all medications with a patient.

The professional allowances have been at the centre of a sometimes bitter dispute between the province and pharmacists, with white-coated protesters dogging Premier Dalton McGuinty and Health Minister Deb Matthews at many of their public appearances.

In April, as Matthews announced the changes, some Shoppers Drug Marts in downtown Toronto stopped filling prescriptions for several hours. Later, Shoppers reduced store hours and even closed the pharmacy sections in others, but only at its stores in the London-area, home riding for the health minister.

That prompted Loblaw Companies to say it sees opportunity in the Ontario government's changes and had plans to "aggressively" increase market share in its drug store business.

THE CANADIAN PRESS

Stated aim

- The government is wiping out the professional allowances in hopes of lowering generic drug prices by about 50 per cent, complaining the fees have driven prescription prices in Ontario up to five times higher than some other provinces and U.S. states.

It wants generic prices to be no more than 25 per cent of the cost of the original brand-name medication.

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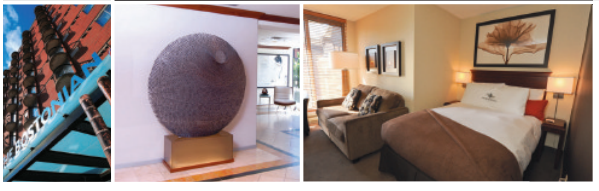
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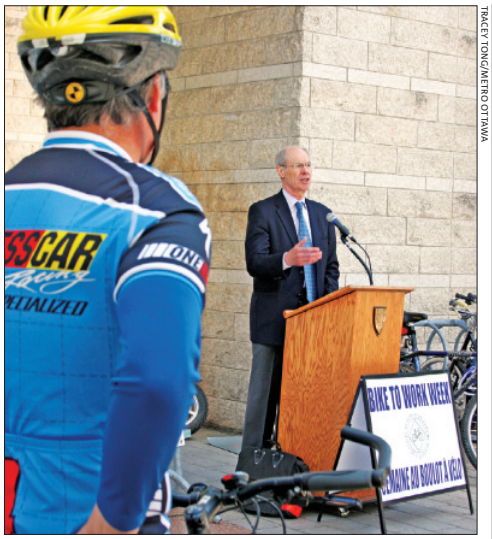
Police hand out charges, suspensions to 9 drivers
Seven three-day driving suspensions, one impaired driving charge and a possession of a stolen vehicle charge were handed out at R.I.D.E. checkpoints on the weekend. METRO OTTAWA

Local


TRACEY TONG/METRO OTTAWA

Coun. Clive Doucet, right, launches Bike to Work Week at city hall yesterday while Coun. Alex Cullen looks on in his bike gear.

City hopes workers will get pedal fever

Only 1.5% cycle to work: Doucet

TRACEY TONG
tracey.tong@metronews.ca

Sunday Bike Days are packed, but a city councillor thinks Ottawa can do better.

"(Ottawa) has tremendous recreational bicycling," said Coun. Clive Doucet. "But we don't have great commuting bicycling. And we want to change this."

Doucet helped to launch the first annual Bike to Work Week at city hall yesterday.

"It's a great opportunity to promote a new form of cycling, getting to work on your bicycle," said Doucet. "Only 1.5 per cent of people normally bicycle to work ... yet 33 per cent of our trips are five kilometres or less. That's perfect cycling distance, and yet we're only capturing a tiny fraction of those cyclists."

Last year, Ottawa invested $16 million in cycling projects, "a record number of investments," Doucet said.

The city is also studying two new bridges to span the Rideau River and the Rideau Canal, as well as looking into segregated bike lanes across the city.

Bike to Work Week activities include a lunch-and-learn at city hall tomorrow and a barbecue and free bike tune-ups from 11:30 a.m. to 1:30 p.m. at 156 Bank St. on Thursday.

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Tournament fund gifts minor hockey with $159,900

LEGACY It's been a year and a half since the 2009 IIHF World Junior Hockey Championship ended in Ottawa, but the lasting effects of the tournament are just starting to be felt.

Yesterday, Hockey Canada and the Ottawa District Hockey Association announced the first round of recipients from the tournament's $497,000 legacy fund.

Fourteen minor league hockey associations will share $159,900 for various things like goalie equipment, rink dividers, or hosting forums to educate players and coaches.

The SouthEnd Minor Hockey Association received $20,000 to create an endowment fund to assist underprivileged and disadvantaged youth.

"It's a sustainable fund that will help with equipment, registration fees, and out-of-town tournaments, to make sure that kids, despite any financial hardship they might otherwise face, can be part of the team," said Ann Mainville-Neeson, vice-president of the SouthEnd Minor Hockey Association.

TIM WIECLAWSKI/METRO OTTAWA

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What's online today.

Video Toronto dedicates Route of Heroes as a permanent tribute to Canada's slain veterans at metronews.ca/canada

Lotteries
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These results are not official.

News in brief

ELECTION Cumberland Coun. Rob Jellett has signed up to run for a third term, while former mayoral candidate Barkley Pollock has become the fourth person to register in Somerset Ward and Rustin Hollywood has registered to run in Barrhaven.

FATALITY A male motorcyclist is dead following a motorcycle-car crash on the Rockcliffe Parkway behind the Greens Creek sewage treatment plant yesterday afternoon. A female in her 60s, who paramedics believe was driving the car, was treated for a possible head injury, fractured leg and ribs.

MANHUNT Two police canine units conducted a manhunt near Star Top and Innes roads for a suspect after a jewelry store in the St. Laurent Mall was robbed yesterday. The stolen truck and the jewelry were both recovered.

WARNING Local restaurateurs are being advised to not share personal or business information over the phone after reports of fake health inspectors contacting restaurant owners.

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Officials: Battle against oil involves 'hundreds of thousands' of patches

The geyser of oil spewing from the sea floor is tapering off day by day, but the sticky mess is spreading across the Gulf of Mexico, defiling wildlife and beaches normally teeming with sunbathers and swimmers. The battle against the oil now involves "hundreds of thousands" of individual patches, officials say. THE ASSOCIATED PRESS

Canada/World

Tories spin Afghan war: Docs

Part 2 in a three-part series on the government's efforts to exert control over its message

Bottled Messages
Special Report

The Harper government used a pervasive message-control tool to persuade Canadians their foremost purpose in Afghanistan was building schools and fostering democracy rather than waging a war that was turning bloodier by the day.

An investigation by The Canadian Press shows The Conservatives systematically drafted "Message Event Proposals" as part of a quiet campaign to persuade Canadians their country was primarily engaged in development work to rebuild a shattered nation rather than hunting down and killing an emboldened insurgency. The government used MEPs to literally script the words it wanted to hear from the mouths of its top diplomats, aid workers and cabinet ministers in 2007-2008 to divert public attention from the soaring double-digit death toll of Canadian soldiers in Afghanistan.

While the message was being massaged in Ottawa, the reconstituted Taliban unleashed a fresh wave of attacks on NATO troops and innocent Kandaharis.

"Desired soundbite: 'Canada's mission in Afghanistan is refocusing its mission towards development, reconstruction and diplomatic efforts,'" says an MEP prepared by the Privy Council Office, the bureaucratic wing that serves the Prime Minister's Office.

The document, among hundreds of MEPs obtained by The Canadian Press under the Access to Information Act, was prepared for a 2008 media tour by Arif Lalani, then the Canadian ambassador to Afghanistan.

Other records show the government went so far as to script an identical set of quotes and talking points for two returning aid workers, who were supposed to be giving separate interviews on their "personal perspective" on progress in Afghanistan.

The government also tried to soft-pedal deployment of the first group of Quebec-based troops in 2007 by giving them a "compassionate" send-off that was designed to "showcase the achievements in development."

THE CANADIAN PRESS

READ PART 3 OF THE SERIES IN TOMORROW'S METRO

News in brief

FLORIDA A gunman shot and killed his wife outside a restaurant where she worked, then targeted women inside and killed three others before committing suicide, police said yesterday. Police said 38-year-old Gerardo Regalado bypassed at least two men when he fired at the women inside. Regalado is the half brother of former New York Yankees pitcher Orlando (El Duque) Hernandez. THE ASSOCIATED PRESS

7 convicted in gas leak, 26 years later

INDIA A court yesterday convicted seven former senior employees of Union Carbide's Indian subsidiary of "death by negligence" for their roles in the 1984 leak of toxic gas that killed an estimated 15,000 people in the world's worst industrial disaster. Survivors of the Bhopal accident, some of whom gathered in the city chanting slogans, said the light sentences — two years in prison — are too little given the scale of the damage. On Dec. 3, 1984, a pesticide plant run by Union Carbide leaked about 40 tons of methyl isocyanate into the air, quickly killing about 4,000 people. Lingering effects of the poison raised the death toll to about 15,000 over the next few years. THE ASSOCIATED PRESS

PRAKASH HATVALNE/THE ASSOCIATED PRESS

An elderly survivor of the Bhopal gas leak holds a poster yesterday.

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Chrysler recalls over half a million vehicles
Chrysler is recalling nearly 600,000 minivans and Jeep Wranglers — including about 44,000 in Canada — because of brake or wiring problems that could create safety issues, the company said yesterday. Chrysler said it isn't aware of any accidents related to either issue. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

PAUL SAKUMA/THE ASSOCIATED PRESS

Apple CEO Steve .

Apple CEO touts new iPhone 4

TECH Apple CEO Steve Jobs says the next iPhone will have a higher-resolution screen, longer battery life and thinner design.

He revealed yesterday the new iPhone 4 is due to be released June 24 in the U.S., and "by the end of July" in Canada. It will cost $199 US or $299 US, depending on the capacity.

THE ASSOCIATED PRESS

Your Money

AlisonOnMoney

Last week the Bank of Canada increased the rate at which it lends to other institutions by one-quarter of a point to 0.5 per cent. No biggie — yet. If you have a fixed rate five-year mortgage, as most Canadians do, nothing will change.

If you have a fixed rate mortgage coming due within the next few years play around with a number of scenarios and see how they fit with your finances. For example, a one per cent increase in a $200,000 mortgage at five per cent will cost an additional $116 monthly.

Things get more interesting with variable rates. Though these mortgages do move in lockstep with bank prime, you may not not see an increase because lenders typically build in a buffer so when rates go up you don't have to pay more right away.

However, if your payments don't rise you are still losing out because your amortization lengthens. For instance, if your rate goes to 3.5 per cent from 3.25 per cent on a $200,000 mortgage and your payments don't change, $26.21 less will be applied to your principal monthly.

Alison Griffiths' show Maxed Out appears Wednesday nights at 10:30 p.m. alisongriffiths.ca

Clement solicits telecom feedback

Federal Industry Minister Tony Clement says allowing more foreign investment in Canada's telecom sector would ramp up competition and encourage innovation, which would ultimately benefit consumers.

The minister told an audience at the Canadian Telecom Summit yesterday that he'll push forward with changes to telecom regulations this week, first by opening the process to public and industry comment.

"We will be confirming that we are intending to move ahead with telecom reform when it comes to foreign direct investment and the need of having that reform," Clement said.

"In the next few days I will be releasing a consultation paper on this subject as well and I will be looking forward to hearing your views on this issue. We will have a relatively short but important discussion period commencing with the release of that report in the next few days so we can get the feedback from both the industry and Canadian consumers."

Clement said he wants large carriers like Rogers and Bell to have access to foreign capital while also providing the means for new entrants and smaller players to meet their capital needs.

THE CANADIAN PRESS

Governments weigh stimulus versus restraint as economists warn of possible economic disaster.

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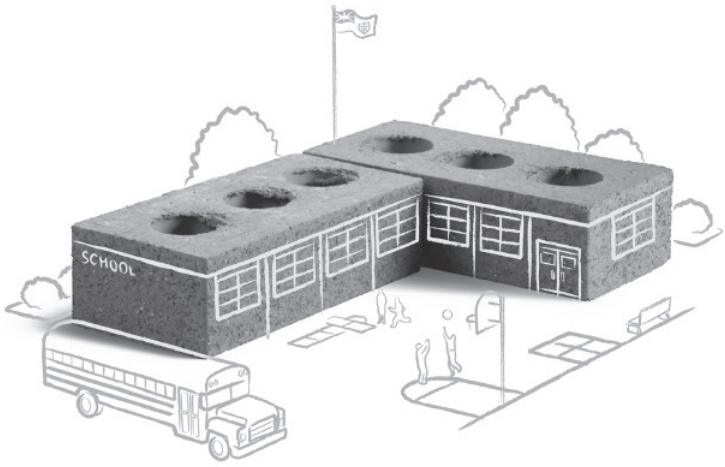

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Comment

‘Robin Hood’ and his merry men ride again

Norm Beach

If you look up Robin Hood on the Net, you might see a movie trailer. Or you might stumble upon a band of merry (and fiendishly creative) men and women who have started a popular movement in Robin Hood’s name aiming to take from the rich and give to the poor. During the lead-up to the G8 and G20 summits they’ve persuaded some powerful people to pay attention.

Although there’s talk of a worldwide Financial Activities Tax (appropriately called FAT) to be paid and used by banks to stave off bankruptcy, the modern Robin Hooders have a better idea. It’s a Financial Transactions Tax (FTT) to help fund services the rest of us need, like transit, health care and environmental protection. Since the money raised would benefit people poorer than the average banker, it’s been dubbed the Robin Hood Tax.

The tax would be set at five cents per $100 of investment. (This is one one-hundredth the rate of the GST.) It would generate, mostly from the wealthy, hundreds of billions of dollars annually. As a Sherwood Forester might put it, the richest lords and ladies of our realm have a lot of loot in their carriages.

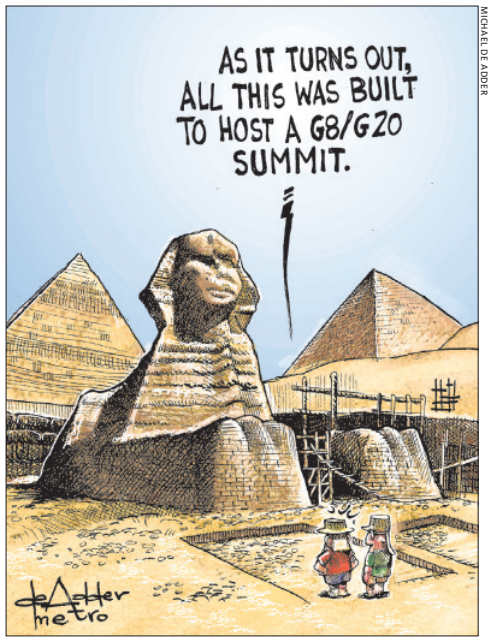
The Robin Hood Tax would not apply to normal day-to-day banking transactions and would have a negligible effect on investments. It’s been endorsed by hundreds of economists, including Nobel laureate Joseph Stiglitz (who calls it one of the great opportunities of our time) and the European Parliament.

Whenever Canadians call for better transit, health care or environmental protection, we’re told there’s no money.

Well, there is money, but the government is looking in the wrong places to find it. Why can’t a guy who buys a piece of a hedge fund afford a nickel on each $100 of investment when the rest of us pay a nickel on the dollar on a piece of pizza?

The middle class shoulders the biggest tax burden, even though others can better afford to pay. You could spend your time moaning that the poor get poorer and the rich richer — or you could go to the Robin Hood Tax website (robinhoodtax.ca), sing along with the cheeky songs, check out the celebrity skits and look at the proposal. Then join a campaign that’s our best hope for fairness in taxation — and a greener planet.

Norm Beach is a writer and teacher.



MICHAEL DE ADDER

Noteworthy

Singapore aims to shame litterbugs in new campaign

Singapore, where painting graffiti can get you caned and drug smugglers are hanged, is trying a new tactic against the city-state’s litterbugs: Embarrassing them in front of their neighbours.

After studying the causes of littering for a year, the government boosted police patrols yesterday of “littering hot spots,” added more and larger public trash cans and warned that two or more littering violations could lead to sentences of picking up trash in busy public areas while wearing a bright orange vest.

Singapore has a well-earned reputation for harsh punishments of minor crimes. Vandalism carries a fine of up to 2,000 Singapore dollars ($1,497) or up to three years in jail, in addition to three to eight strokes of a cane.

Along with stricter enforcement of laws by police — litter offences rose to 41,392 last year from 3,819 in 2005 — the government is recruiting volunteer “Litter-free Ambassadors” to scold neighbours who litter and to “adopt a zero-tolerance attitude towards litterbugs.” THE ASSOCIATED PRESS

Worth mentioning

Group makes waves over fake summit lake

The Council of Canadians says the fake lake that G8 organizers are building inside their Toronto media centre deserves a name.

The protest group is applying to the Geographical Names Board of Canada to have the artificial indoor lake named “Harper’s Folly.”

“This lake must have an appropriate name, and who better to name it after than Prime Minister Stephen Harper who approved of this expenditure as well as another $1.1 billion to be spent on three days of meetings,” the group says in its application to the names board.

The lake is part of a $1.9-million display called The Canadian Corridor, meant to expose reporters to what Canada has to offer. It’s supposed to give them the feeling of being in the Huntsville, Ont., area where the G8 summit will be held later this month.

TORSTAR NEWS SERVICE FILE PHOTO

Relaxing by a lake in the Muskokas in Ontario, where the G8 summit will be held later this month

The lakeshore is lined with racks of canoes donated by Muskoka residents, as well as deck chairs and a fake dock that camouflages several recharging stations for BlackBerrys.

On the horizon, a giant screen portrays the real Muskoka, with its lakes, forests and rocky outcrops.

In reality, very few of the thousands of reporters covering the G8 will get close to Muskoka’s cottage country. Only a small pool of about 200 reporters will be allowed to cover the G8 summit in Huntsville, and the rest will have to rely on a broadcast feed of the event fed into the media centre in Toronto.

That’s precisely why the government chose to create a “Northern Ontario Oasis” at the media centre, Industry Minister Tony Clement said Sunday.

The federal Tories have been harshly criticized for budgeting $1.2 billion for security, hospitality and infrastructure to host the G8 summit in Huntsville and G20 summit in Toronto.

Officials stress the $1.9-million cost is split between the federal and provincial governments, and the bill is not just for the lake. It’s also for a replica of the Toronto Stock Exchange, and other presentations that showcase the City of Toronto and tourism in Ontario.

THE CANADIAN PRESS

Quote of the Day

“This is something basically that people took for granted for years ... I guess, partly in a way, we’re learning ... the motherhood type of thing that you don’t put all your eggs in one basket.”

— DR. ROB BEANLANDS, CHIEF OF CARDIAC IMAGING AT THE UNIVERSITY OF OTTAWA HEART INSTITUTE. DOCTORS WHO RELY ON MEDICAL ISOTOPES TO DIAGNOSE AILMENTS SAID YESTERDAY THEY ARE “VERY FRUSTRATED” THAT IT’S TAKING SO LONG TO REPAIR A LEAKY CANADIAN NUCLEAR REACTOR AT CHALK RIVER, ONT. THE CANADIAN PRESS

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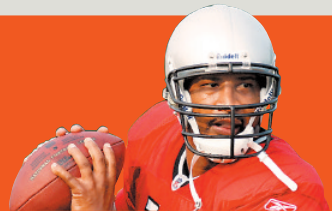
Brewers release Suppan

The Milwaukee Brewers released struggling pitcher Jeff Suppan yesterday during the final year of what was the richest contract in team history when he signed it. The Brewers signed Suppan to a $42-million US, four-year deal before the 2007 season, but he never pitched as strongly as he did in his three previous seasons in St. Louis. THE ASSOCIATED PRESS

Sports



Culpepper gets new start

Quarterback Daunte Culpepper is still playing professional football, albeit in the United Football League. Culpepper, 33, who made five starts and appeared in eight games last season for the Detroit Lions, has signed with the Sacramento Mountain Lions. Culpepper will be reunited with his former Minnesota Vikings coach Dennis Green when the season begins this fall. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

HOCKEY Dave Cameron will coach Canada's next junior men's hockey team. Hockey Canada announced yesterday the Mississauga St. Michael's Majors head coach has been given the job of trying to reclaim the gold medal for Canada at the world junior hockey championship in Buffalo, N.Y.

DEBT The American owners of Manchester United are 1.1 billion pounds ($1.69 billion) in debt, leaving their control of the club in doubt, the BBC reported yesterday. The BBC said its investigation found the Glazer family's debts are 400 million pounds ($615 million) greater than previously known.

KHL Veteran goaltender Dominik Hasek has signed a one-year deal with Spartak Moscow to play in the nascent Kontinental Hockey League. Hasek, who played 16 seasons in the NHL, signed with Spartak in Moscow yesterday.

NFL Isaac Bruce is headed back to his old team to retire with the St. Louis Rams. The San Francisco 49ers have traded the 37-year-old wide receiver to the Rams, who will hold a news conference with Bruce tomorrow as he formally announces his retirement.

MLB The Washington Nationals selected junior college slugger Bryce Harper with the No. 1 overall pick in the baseball draft last night. Harper, a 17-year-old with prodigious power from the College of Southern Nevada, is one of the most-hyped players in draft history because of his eye-popping talent at the plate.

NFL A Green Bay Packers player and two women who accused him of sexually assaulting them made such contradictory statements about what happened that it would be difficult to prosecute the case, the police chief overseeing the investigation said yesterday. Lake Delton police Chief Tom Dorner said he expected to forward the investigation's findings to the district attorney's office by today. METRO NEWS SERVICES

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Boston 4 Cleveland 1
Seattle 4 Texas 2
L.A. Angels at Oakland

YESTERDAY'S NL RESULTS

Chicago Cubs 6 Pittsburgh 1
San Diego 3 Philadelphia 1
San Francisco 6 Cincinnati 5
Houston at Colorado
Atlanta at Arizona
St. Louis at L.A. Dodgers

NHL PLAYOFFS

TOMORROW'S GAME

Chicago at Philadelphia, 8 p.m.

NBA PLAYOFFS

TODAY'S GAME

L.A. Lakers at Boston, 9 p.m.

Flyers hope home will help

Do-or-die time for Philly as it looks to keep Cup dream alive

Chris Pronger's wry smile and sharp tongue hardly suggested he and the Philadelphia Flyers are shaken by big Dustin Byfuglien and the suddenly potent Chicago Blackhawks.

Pronger is coming off the worst performance of his career — a shockingly brutal minus-5 rating in the Flyers' 7-4 loss in Game 5 of the Stanley Cup final on Sunday night that has put Philadelphia down 3-2 and on the brink of elimination yet again.

The Flyers have two days off before they have to deal with Byfuglien and the Blackhawks again tomorrow. Philadelphia seemingly has Chicago right where it wants, at home in the Wachovia Center, where the Flyers are 9-1 in the playoffs — including 2-0 in the final.

"Playing in front of your home crowd, you feed off that energy in the building," Pronger said. "It's funny about the finals, but it seems to go that way all the time. You look at the first three rounds, teams are getting knocked off at home left and right. You get to the finals, and teams seem to hold serve. Hope we could do that in Game 6.

"We have a couple of days to rally the troops. We have had a lot of tough losses in the playoffs thus far. We'll be all right."

If the Flyers don't find their mojo again tomorrow night, the Blackhawks will claim the Cup for the first time since 1961 and stretch Philadelphia's hockey title drought to 35 years. Game 7, if necessary, would be Friday back in Chicago, where the Blackhawks have already won three games in this series. THE ASSOCIATED PRESS

JONATHAN DANIEL/GETTY IMAGES

Chris Pronger, right, of the Philadelphia Flyers reacts as Dave Bolland of the Chicago Blackhawks celebrates after scoring his team's second goal in the second period against the Flyers in Game 5 of the Stanley Cup final on Sunday in Chicago.

'Biggest game of our lives' awaits Hawks

NHL Marian Hossa knows better than most that no lead is safe in the Stanley Cup finals. The Chicago Blackhawks forward, in the championship round for a third straight season, finds himself in a familiar situation.

With Detroit a year ago, he was part of a team that won the first two games at home, then lost the next two in Pittsburgh. The Red Wings prevailed in Game 5 back on home ice for a 3-2 lead before dropping the final two games as the Penguins captured the Cup.

The Blackhawks have followed that exact path through the first five games against the Philadelphia Flyers. And now they can secure the franchise's first Stanley Cup in 49 years tomorrow night at the Wachovia Center.

"We know it's going to be the toughest game to close it," said Hossa.

"Having been in that situation, especially last year, the momentum in the first shift next game, first goal is going to be so important to get the momentum. ... That's going to be so important for us to start really well."

"We know it's going to be the toughest game to close it."
Marian Hossa

After going 1-for-9 in the first four games of the series, the Blackhawks converted twice on four chances with a man advantage in Sunday's 7-4 win over the Flyers.

"We just settled down and played our game and that's a big factor, just even with the even strength, we came out ready to go, controlling the puck a little better," said Dustin Byfuglien. "That led into the power play with guys just settling down, confidence and just playing.

"That's something we needed to do."

But now can they carry it over in their return to Philly?

Chicago is 7-3 on the road in the playoffs — having won clinching games away from home in the first two rounds against Nashville and Vancouver — but lost its first two tries in Philadelphia.

"Nothing's won yet," Chicago defenceman Duncan Keith said. "We know going forward we're going to need the same effort, even better."

Coach Joel Quenneville knows his team will face an early hard charge from the Flyers and says controlling emotions will play a big role.

"It's a huge game, biggest game of our lives," Quenneville said. "Channel it properly, and control — we control what we can control and that's your next shift." THE ASSOCIATED PRESS

Bettman open to a return to Winnipeg, Quebec City

NHL Gary Bettman seems more open than ever to bringing NHL franchises back to Winnipeg and Quebec City.

The NHL commissioner has been open about the league's interest in the two cities recently.

He says it has more to do with the economics of the sport than a change in his point of view.

Gary Bettman

"I think people tend to rewrite history," Bettman said recently.

"When the Nordiques and the Jets left, there was no building and no possibility of a building. And there was no one who wanted to own a team there any more. You can't maintain a team in those circumstances.

"Those two factors have apparently (changed)." THE CANADIAN PRESS

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

U of O setting off shockwaves

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

On an almost weekly basis, Murat Saatcioglu sets off an explosion similar to the 1995 Oklahoma City bombing, in downtown Ottawa.

In his underground lab in the University of Ottawa's civil engineering building, Professor Saatcioglu is using a high-pressure shock tube to simulate and study the effect of terrorist bombs on buildings.

The shock tube can simulate 3 blasts per day

When a bomb goes off, damage is caused by a number of different effects, said Saatcioglu.

A fireball will burn everything.

Then a tremendously high-pressure shockwave of air will go over buildings, while turning fragments of debris into projectiles moving as a fast as bullets.

Fire, shock and fragmentation all kill people in equal number, but in terms of structural performance, the shockwave is the most important aspect, said Saatcioglu.

The shock tube enables Saatcioglu to research infrastructure protection by simulating the power blast shockwaves in their lab without people outside the building having a clue that it happened.

"We measure how much they would deform, how much they would be stressed and how much reinforcement should be placed where, so they could sustain the high air pressures that travel as super sonic velocities," said Saatcioglu.

Without the shock tube, he would have to do his tests at an army base using real explosives.

"It's not easy to control that environment whereas this is a controlled environment," he said.

"This gives us a chance to repeat these test many times and use trial and error to come up with the right amount of material in the right place."

The tube allows them to simulate up to three explosions per day, though since they are collecting so much data from each explosion, Saatcioglu said it's more like one of two per week.

The purpose of the research is to develop design techniques so that buildings and bridges would withstand blast-induced shockwaves.

Saatcioglu said they are concentrating on the performance base columns.

In the 1995 Oklahoma bombing and the World Trade Centre, damaged base columns lead to a progressive collapse.

Part of their research is to develop new construction techniques that will translate into a new Canadian Standards Association construction standard in around two years.

The other part is developing reinforcing options for existing buildings.

Research and development

- Professor Murat Saatcioglu said they are looking at innovations like carbon-fibre "wallpaper" to strengthen walls. The technology has been used in the aeronautic industry for years, but Saatcioglu is one of the first to be testing it for blast-proof construction.
- "It's relatively easy to apply. It takes a day or two to harden, and then it becomes a very strong material," he said. "One of the deficiencies of this application is that it peels off from the old material ... so we're developing anchors to make sure they work together."

Ruth Campbell, Victimology Program Coordinator, third from left, at the launch of the program.

New program focuses on victims

RAF BRUSILOW
for Metro Ottawa

When crimes happen, victims are the ones who suffer most and a groundbreaking program at Algonquin College hopes to ensure they get the care they deserve.

Starting this September, Algonquin College will offer a one-year diploma program in Victimology, the first such program of its kind offered in Canada, with an aim towards putting the spotlight back onto victims.

"Criminology focuses on crimes and criminals and victims are treated as a by-product. Victims often feel people aren't responding to them. We owe it to people who've been victimized to know what we're doing so they're not being further victimized," said Ruth Campbell, coordinator of the Victimology program at Algonquin. Campbell is an experienced therapist and social worker who chairs the Office for Victims of Crime in Ontario. She says victims are often forgotten in the wake of interest in scandalous crimes and criminals.

"There's a sense that people find it more interesting to talk about the offender so the victim gets the run-about. There needs to be a shift in focus in saying hold on a second, we've got people who've been left behind here," Campbell said.

Entrants to the one-year program need a diploma or degree in a related field and one-to-three years of field experience either through paid work or as a volunteer.

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Sweeten your summer

Simple syrups are an often overlooked — but as the name suggests, incredibly easy — way of adding sweet panache to a wide variety of drinks. And summer's demand for tall and cool beverages is an excellent excuse to get acquainted with them. THE ASSOCIATED PRESS

Food

Macaron madness

Watch out, cupcake! The macaron is angling to be the new darling of the pastry world. The dessert comes from France and consists of just a few ingredients, mainly egg white, ground almonds and sugar. They're often also called macaroons, which is confusing because a macaroon more commonly is a coconut-based sweet. A proper macaron consists of two rounds of meringue cookies sandwiched together with filling. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Hens with a Mediterranean twist

Lemon Pepper Cornish Hens

PREP: 10 MINUTES
STAND: 2 HOURS
COOK: 25 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:

- 2 large Cornish hens (about 1½ lb/ 750 g each)
- 1½ tsp (7 mL) grated lemon rind
- ¼ cup (60 mL) lemon juice
- 3 cloves garlic, pressed
- 1 Tbsp (15 mL) black pepper
- 2 tsp (10 mL) packed brown sugar
- 2 tsp (10 mL) grated fresh ginger
- 1½ tsp (7 mL) dried oregano, crumbled
- 1 tsp / 5 mL salt
- ½ tsp / 2 mL ground cumin
- ¼ tsp / 1 mL ground cloves
- Extra-virgin olive oil

PHOTOGRAPHY BY FELIX WEDGWOOD

Lemon Pepper Cornish Hens.

PHOTOGRAPHY BY YVONNE DUIJVENVOORDEN

Tofu Sesame Noodles.

METHOD:

Using kitchen shears, cut hens down each side of backbone; remove bone (save for stockpot). Snip through breastbone to separate each hen into halves. Mix together lemon rind and juice, garlic, pepper, sugar, ginger, oregano, salt, cumin and cloves; add hens, turning to coat. Marinate, refrigerated, for 2 hours or up to 1 day. Bring to room temperature.

Brush hens lightly with oil; grill, covered and bone side down, over medium heat, turning and basting with more oil, until juices run clear when thickest part of thigh is pierced and skin is crisp, 25 to 30 minutes.

Tofu Sesame Noodles

PREP: 10 MINUTES
COOK: 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:

- 8 oz (250 g) linguine
- 1 tsp (5 mL) sesame oil
- 1 cup (250 mL) julienned carrot
- 1 cup (250 mL) frozen shelled edamame (soy beans)
- 8 oz (250 g) fresh spinach
- 1 cup (250 mL) julienned English cucumber
- Fried tofu cubes (see directions below)
- Coriander leaves

Sesame Sauce:

- ⅓ cup (75 mL) tahini
- 3 Tbsp (45 mL) hot water
- 2 Tbsp (30 mL) balsamic vinegar
- 2 Tbsp (30 mL) soy sauce
- 1 Tbsp (15 mL) rice vinegar
- 1 Tbsp (15 mL) sesame oil
- 1½ tsp (7 mL) granulated sugar
- 1 large clove garlic, minced
- Pinch salt

METHOD:

Fried tofu cubes: Cut 8 oz (250 g) firm tofu into 1-inch (2.5 cm) cubes; toss with 2 tbsp (30 mL) cornstarch. Fry in 1 Tbsp (15 mL) vegetable oil until golden

Sesame Sauce: In bowl, combine tahini, hot water, balsamic vinegar, soy sauce, rice vinegar, sesame oil and sugar until smooth. Finely mince garlic with salt to make paste; stir into sauce.

In large pot of boiling salted water, cook linguine according to package directions. Drain and chill under cold water; drain well. Toss with sesame oil; divide among 4 shallow noodle bowls.

Meanwhile, in small saucepan of boiling water, blanch carrot until tender-firm, about 1 minute. Remove with slotted spoon and chill under cold water; drain and pat dry. Repeat with edamame. Repeat with spinach; coarsely chop spinach.

Arrange carrot, edamame, spinach, cucumber and tofu in piles around noodles. Serve with sauce. Garnish with coriander.

online

For more recipes, visit canadianliving.com

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheers to FIFA!

The ads say it's the most popular sport in the world. (No, not stalking people on Facebook). I'm talking about soccer (or football if your roots are outside of North America). True or not, with the FIFA World Cup starting this week fans of every other game will have to get use to hearing about it.

What's cool booze wise is that the host country is South Africa: A wine producer whose liquid personality could use some time in the spotlight.

With a number of matches planned for Cape Town I'm hoping the international media will take their cameras on a few side trips to some of the nearby vineyards which are some of the most beautiful in the world.

You can toast your favourite team here at home with a glass filled with one of the official limited edition FIFA wines being made by South Africa's Distell.

Rich, with full on gooseberry aromas and classy citrusy flavours; the **2009 Nederburg Twenty 10 World Cup Sauvignon Blanc** ($14.99 - $16.99) is a winner with chicken or white fish; while the **2007 Nederburg Twenty 10 World Cup Cabernet Sauvignon** ($14.99 - $16.99) scores with a meat-friendly blend of smoky blackberry, coffee and wood.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Lung cancer drug showing success
Doctors are reporting unusually high success rates from early tests of an experimental lung cancer drug. The drug, called crizotinib, is made by Pfizer Inc. It targets a gene that is found in about 10,000 people a year in the United States alone. THE ASSOCIATED PRESS

Health & Beauty

So fresh, so clean

How to get the most out of your morning shave

DEAN LISK
dean.lisk@metronews.ca

Nicks, redness and — especially in that pre-morning coffee stupor — cuts can all be the facial landmines of an improper shave.

"Shaving can be a real problem," says Rick Ricci, who owns Toronto's Truefitt and Hill, a barbershop in the city's financial district where many of his customers are CEOs, stockbrokers and lawyers.

"Shaving is a dinosaur, so we brought it to a new level," he says.

"I don't see a lot of bad shaves here, but I think there are a lot of shavers who irritate the skin, and scrape along the skin so they break out and have full irritation."

In the business for nearly 30 years, he knows how to prevent facial butchering; that red, raw and irritated skin you can get after a bad or rushed shave.

"(Schick) did a Canadian survey, and one of the biggest turnoffs for women is skin irritation," Ricci said, referring to a poll done by the shaving company.

Schick recently released the HYDRO 5 — a five-blade razor with a hydrating gel reservoir to help reduce irritation — which Ricci is helping to promote. The company is not alone in trying to get a cut of the male grooming industry, with Gillette recently releasing the ProGlide: A five-blade razor with a precision trimmer and microcomb to guide stubble.

RICK RICCI/TORONTO SUN/QMI AGENCY

Rick Ricci of Truefitt and Hill shaves a client using the new Schick razor that Ricci is endorsing.

While pulling the skin to ensure a smooth surface, and shaving with — and not against — the hair are among Ricci's shaving essentials, here are a few of his other tips:

OPEN THE PORES

If you want to get a close shave, you need to open your skin's pores so, "You can get right down there into the root of that hair," says Ricci. If you don't shave in the shower, apply a wet, hot cloth to the face before starting, and use a good shaving cream to help keep your skin moisturized.

AVOID BLADE FATIGUE:

"Know when to throw your blade out," he says. "If you are trying to get seven, eight, nine shaves out of one blade; throw it out." Different beards can dull a blade faster then others, depending on thickness, he adds.

MOISTURIZE

Keep your skin moisturized during and after you shave to avoid irritation and redness. "Your face is going to feel great," Ricci says. "There is no reason for not having a good shave."

Products

Now that the stubble has been removed, it's time to ensure your skin has a healthy, fresh appearance. Here are five picks to help keep you looking your best:

- L'Oreal Hydra Sensitive Cleanser: This soothing skin cleanser is soap and alcohol free, and helps to prevent redness and pulling. lorealparis.ca
- Dove Men+Care Extra Fresh Body and Face Bar: Not your usually soap, it contains ¼ moisturizing cream to help fight dryness. dovemencare.com
- Clarins Men Revitalizing Gel: Used daily, this gel helps to revitalize and smooth the feel of your skin. clarinsmen.com
- Biotherm Homme Aquapower: Non-greasy, this gel helps to reinforce skin, keeping your face moisturized and feeling soothed.
- L'Oreal Hydra Energetic Ice Cold Eye Roller: Applied under the eyes, this roll on helps to reduce the dark of dark circles and bags, giving you a wide-awake look. lorealparis.ca

ADVERTISING FEATURE

YOUR DENTAL HEALTH

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SMILE RIDEAU STYLE

TAKING CARE OF THE TOOLS OF THE TRADE

Taking care of your teeth is vital. You know that your dentist is dedicated to protecting your oral health. As well as helping you when you visit the dentist, we are also interested in making sure you look after your teeth when you leave the dental office.

Regular brushing and flossing is vital to taking care of your teeth. But there is one thing else you need to do to make sure you maximize the effectiveness of your oral health routine.

You need to take care of the tools you use to clean your teeth.

Toothbrushes might seem like relatively inexpensive, disposable items that do not require any attention beyond putting them in your mouth with some toothpaste. But the truth is **proper care of the toothbrush aids in the proper care of the teeth.**

So what does proper toothbrush care entail?

Start off by **giving it a good rinse** when you have finished brushing. You want to make sure that any food debris and residual toothpaste has all been washed away.

Then, **store your brush in an upright position, somewhere in the open.** Keeping the brush upright will allow gravity to help the moisture drain away.

Dr. Wayne Perron
Dental Surgeon

Similarly, storing it in the open, rather than in a cupboard or drawer, can let the airflow of the house dry the bristles. The truth is that moisture attracts bacteria, meaning that a dry toothbrush is more likely to be a healthy, bacteria-free one!

Do not store you brush near someone else's brush. Inevitably, they will come in contact with each other and that means some form of bacteria cross-contamination. This is something that needs to be avoided at the best of time, but becomes even more imperative when one of the brush-owners has been sick!

Make sure your toothbrush is a couple of feet away from the sink and, in particular, the toilet. Dirty hands splash dirty water. And toilets…well…I trust we do not have to get into that too much! Suffice to say you do not want your toothbrush to be splashed by them either!

Remember, toothbrushes and cleaning products do not mix! Keep them as far apart as possible as the last thing you want to do is introduce harmful chemicals from many household cleaners directly into your bloodstream.

Finally, know when to say good-bye. No matter how much you or your child have liked a particular toothbrush, it was meant to be replaced. If the bristles look frayed, it is time to move on. Even if things look good, **brushes are only meant to last for approximately 3 months**. After that, it is time for them to be retired.

And if you have just recovered from a cold, let that brush go even if it was new. When the cold is gone, you want it to stay gone!

These are some simple tips to help make sure your toothbrush works as effectively as possible. Next time you are in for a professional cleaning, ask your dentist if there is anything else you need to know to take proper care of your brush. Because taking care of your toothbrush is a healthy habit…and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

Expression of Interest

The **Ontario Ministry of Community and Social Services** is inviting Expressions of Interest, by **5:00 p.m.** on **August 13, 2010,** from Ontario corporations interested in establishing and operating application entities for adult developmental services. The entities will provide a single point of access to ministry-funded adult developmental services and supports in each of the ministry's nine regions.

Designated application entities will administer a new provincial application process through:

- information provision
- intake
- eligibility determination
- service navigation
- determination of support needs
- direct funding administration

For more information on submission requirements and upcoming regional information meetings for applicants, please visit the ministry's website at **www.ontario.ca/community**.

Ontario

Coleman relationship was 'golden'

Gary Coleman's ex-wife calls their relationship "golden." In an interview aired on Monday's Good Morning America, Shannon Price says she had ordered that Coleman be taken off of life support on the advice of his doctors. THE ASSOCIATED PRESS

Entertainment

Fire alarm

Police say a tour bus being used by the pop singer Pink caught fire on its way from Munich to Berlin, but there were no injuries.
THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Open to criticism

When artists fight against their critics

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Somewhere in the world a journalist is talking to a musician. It happens every single day. Those interviews will end up in papers or magazines, they may be read by fans or the publication's readers, but the next day the story is usually old news.

At least that's how it usually works. It's rare that a band responds to something written about them — it's even more uncommon for an aggrieved artist to start an all out feud with a writer. But it happens, most recently when Maya Arulpragasam, a.k.a. M.I.A. became so enraged with a New York Times profile she tweeted the journalist's phone number and then wrote a song called Haters, blasting reporters.

Whatever you think of M.I.A.'s revenge tactics or NYT's writer Lynn Hirshberg's less-than-flattering article, this isn't the first and won't be the last fight between musicians and the journalists who cover them. Here are three of the best:

K-os vs. Jason Richards

Canadians are generally a mild mannered bunch, but not Toronto rapper k-os. In 2006, NOW magazine critic Jason Richards (he currently contributes to Metro) said that the various collaborations with pop artists on his disc Atlantis: Hymns For Disco enforces some people's opinion that he's "a crossover pop artist disguised as a true-school b-boy."

The three star review was actually fairly positive, but k-os didn't see it that way. In a MySpace post the rapper said Richards, who is also Trinidadian, was "being manipulated by his indie rock nerd bosses.".

Ryan Adams vs. Jim DeRogatis

In 2003, former Chicago Sun-Times writer Jim DeRogatis wrote a negative review of a Ryan Adams gig calling him a "spiky-haired alternative-country poseur," and that he "can't write one song as original or as heartfelt as anything by Jeff Tweedy."

When Adams got wind of the review he decided to call DeRogatis and leave him an expletive-filled voice message. "F— you, you a—hole, I'm so sick of it," he says. "You have a problem with me… you write about me every chance you get." No word on if they made up.

M.I.A. is feuding with New York Times writer Lynn Hirshberg.

Courtney Love vs. Belissa Cohen

In 1998 journalist Belissa Cohen sued Love, claiming she was attacked at a fashion show after the journalist tried to take her picture.

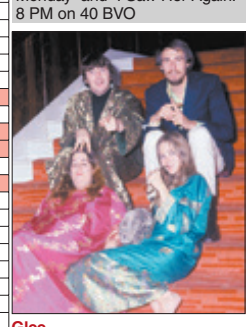
Cohen said that the Hole singer kicked her in the groin, punched her in the face and pulled her hair. Love's publicist responded that Cohen was "an out-of-control paparazzo." The two settled out of court.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

ET	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
6/8/10	265	353	2	TVO	Parks	Recreating	The Agenda With Steve Paikin		The Jury (Part 5 of 6)		Science of Babies		Agenda-Paikin
primetime	211	331	3	GTV	Entertainment	ET Canada	NCIS Citywide blackout.		Glee "Journey" (N)		The Good Wife "Home"		News Hour
	-	-	5	SRC	Squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Canada's Worst Driver		Raising the Bar (N)		*Drumline* ★★★ (2002, Comedy-Drama) Nick Cannon.				Comedy Now
	196	311	7	CTV	etalk	Access H.	CSI: Crime Scene Invstgtn.		Criminal Minds (HDTV)		Law & Order "Blackmail"		CTV News
	208	303	8	CBC	22 Minutes	Laughs	Rick Mercer	Just/Laughs	Comedy Fest.	Comedy Fest.	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Losing It With Jillian (N)		America's Got Talent (N)		Law & Order "Blackmail"		News
	117	713	10	TVA	Crusoé (SC)		Caméra café	Taxi 0-22 (SC)	La Grande Évasion (SC)		TVA nouvelles	Sucré-salé	*Grande Vad.*
	-	-	11	QS	Wipeout (SC)	30 Rock (SC)	La Verité choc		Le Mentaliste (SC)		Criss Angel	UFC: Les Guerriers	
	137	763	12	TFO	Panorama	Trajectoires	Vu du large (SC)		*La Chinoise* ★★★ (1967, Com. dramatique) Anne Wiazemsky.				Paradis perdus
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS Citywide blackout.		NCIS: Los Angeles		The Good Wife "Home"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Hell's Kitchen (PA) (N)		America's Got Talent (N)		Curb-Enthsm	Curb-Enthsm	News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Air Bud 2* ★ (1998, Comedy-Drama) Kevin Zegers.				*The Brothers Solomon* ★ (2007, Comedy) Will Arnett.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Jimmy Kimmel	NBA	NBA Basketball Finals, Game 3 -- Los Angeles Lakers at Boston Celtics.				
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (PA) (N)		(8:59) Glee "Journey"		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	The Canadian Tenors -- Live in Toronto			Girls From the North Country		Great Old Amusement Parks		Charlie Rose
	205	312	104	CTV	etalk	Access H.	CSI: Crime Scene Invstgtn.		Criminal Minds (HDTV)		Law & Order "Blackmail"		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	MLB Baseball Toronto Blue Jays at Tampa Bay Rays. (HDTV) (Live)						Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey	Interruption	NBA Pregame	NBA Basketball Finals, Game 3 -- Los Angeles Lakers at Boston Celtics. (HDTV) (Live)					
	410	403	52	SCR	Cabby Unlimit	MMA Fight Night			European Poker Tour		Score Now		Score Now
	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters		Destin. Truth
	417	406	59	SC	NASCAR Smart	NASCAR Hub	Monster Jam (HDTV) (N)		Bullrun (HDTV)		Race in 60 (HDTV) (N)		Monster Jam
family	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	551	542	65	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	The O.C.
cable variety	615	520	31	A&E	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator	Exterminator
	628	584	32	SPKE	DEA (HDTV)		DEA Capturing a dope dealer.		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		U.S. Navy: Pir.
	521	560	34	TLC	Mega Bites (HDTV)		Cake Boss (HDTV)		Happy Family	Happy Family	Little Couple	Little Couple	Cake Boss
	145	761	35	TV5	Zoom animal		Adresse inconnue		Partir autrement		ADN: Accel.	Nouva	TV5 Le Journal
	616	521	39	SHO	The Guard (HDTV)		Ties That Bind Accused of abuse.				Californication	Diary-Call Girl	Diary-Call Girl
	620	523	40	BVO	Live at the Rehearsal Hall		Straight Shooter: The Mamas & the Papas			Bravo!Videos	Spectacle: Elvis		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Seinfeld	Seinfeld	*Biker Boyz* ★
	600	564	49	H&G	House Hunters	Property Virgin	Design School (N)		Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Doctor Who "Dalek"		The Listener (DVS)		Defying Gravity (DVS)		Stargate SG-1
	581	566	53	MTV	The Hills	After	Cribs	Hired	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	Colin & Justin's Home Heist		Wife Swap		Wife Swap		Restaurant Makeover		Last 10
	522	506	55	HIS	Ancient Weather (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (HDTV) (N)		Weather
	129	773	60	CD	Biographies "Adam Sandler"		Dévoré vivant (HDTV)		Voyage d'enfer (HDTV)		Experts en crime (HDTV)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	Five Roads to Freedom (N)		ideaCity	Med. Woman	Doc
	602	567	62	W	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	*Rivals* ★ (2000, Docudrama) Jennifer Finnigan.		
	269	350	70	APTN	Fish Out of	Mixed Blessing	renegadepress	Rabbit Fall	Arbor Live Sixx:AM performs.		Beyond Words	Chiefs-Champ	Tears
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner Imposs.	Dinner Imposs.	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant

critics'corner

Straight Shooter: The Story of the Mamas and the Papas
The folk-pop mix of the Mamas and the Papas spawned hits that raided the music charts of the 1960s and are still popular. Follow the story behind the music in a video biography. The quadraphonic group that sprang from the new folk movement became a major part of the California pop scene. The program includes the stories behind such timeless favorites as "Monday Monday" and "I Saw Her Again." 8 PM on 40 BVO



Glee
They came, they saw, they warbled, and now, as Fox's breakout hit musical dramedy wraps up its first season, Will and his glee club, New Directions, face off against their archrivals, Vocal Adrenaline, at what is sure to be a tense regional competition. 8:59 PM on 36 FOX; 9 PM on 3 GTV

NCIS: Los Angeles
A crime scene poses a national security risk when Callen and the team discover the location was used to create a deadly toxin that is now missing in "LD50." 9 PM on 13 CBS

DVD picks

Shutter Island

Director: Martin Scorsese

MARTIN SCORSESE'S ELEPHANTINE exercise in B-movie badness takes his crazy love of cinema to ludicrous extremes, forsaking all logic for a chance to revel in the style of hard-boiled psychodramas and film noir from the '40s and '50s.

Scorsese and screenwriter Laeta Kalogridis treat the source novel by Dennis Lehane as deep philosophy about dark secrets rather than the page-turning pulp fiction it is. We need wonder no longer why Shutter Island suddenly vanished off the awards season radar last fall, much like the missing nuthouse inhabitant who brings Leonardo DiCaprio's seasick gumshoe Teddy Daniels on a Quixotic quest to the titular isle.

It's a dark and stormy afternoon as the seasick U.S. Marshal Teddy Daniels (Leonardo DiCaprio) and his new sidekick Chuck Aule (Mark Ruffalo) arrive at the Ashecliffe Hospital for the Criminally Insane.

The hospital is run by the bow-tied and bespoke-dressed Dr. Cawley (Ben Kingsley), who is so tightly wound he chomps his pipe as if he's cracking skulls. He professes to be a man of compassion, offering care for the most maligned of society's castoffs — most of whom are psychotic murderers.

As Daniels and Aule poke around the premises and interrogate unhelpful hospital staff and inmates, they discover that things are not what they seem — although they should seem pretty weird, what with everybody giving ominous stares and making spooky statements.

Peter Howell/for Metro Canada

Elton's million-dollar Rush

Elton John belted out the tunes at right-wing commentator Rush Limbaugh's fourth marriage, reports people.com. Limbaugh married Kathryn Rogers on Saturday. The website reports John received $1 million for his performance. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

DAVID ARCHULETA could use some assistance, **TILA TEQUILA** is looking for attention, **LINDSAY LOHAN** is finding new ways to overindulge and **ASHTON KUTCHER** is full of trivia knowledge.

@DavidArchie Phew, sometimes hauling around suitcases sure does give you a good workout.

@TilaOMG I told u guys i have multiple personalities. I fell asleep and just woke up with blood cuts everywhere! and everything is smashed

@lindsaylohan Tooooo many monster energy drinks!!!!!

@aplusk Little known fact: 2.2 million Americans play the accordian

METRO NEWS SERVICES

Bullock has a little fun on own expense

THERE'S A BRIGHT SIDE TO EVERY BOMB Sandra Bullock has finally broken her silence, and she used a pair of awards shows to do it.

While Bullock was expected at the MTV Movie Awards, where she accepted to MTV Generation award, she surprised audiences the night before when she accepted the Troops Choice award at the Spike TV Awards.

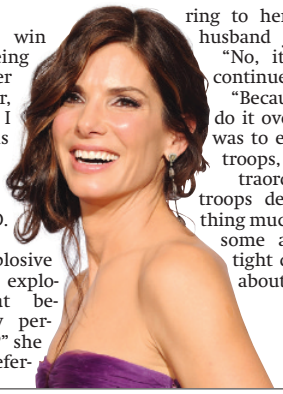
Bullock was even willing to poke fun at herself while accepting her award.

"Did I win this for being entertainer of the year, or did I win this because of the spectacular I.E.D. (improvised explosive device) explosion that became my personal life?" she said, referring to her split from husband Jesse James.

"No, it's OK," she continued.

"Because I would do it over again if it was to entertain our troops, and our extraordinary troops deserve something much more than some actress in a tight dress talking about herself."

METRO WORLD NEWS



Amy has love rival

... AND THE CLAWS ARE OUT Amy Winehouse may seem happy with director Travis Regg, the new man she's reportedly dating since meeting him at a pub a few weeks ago, but she's apparently not the only woman in Regg's life.

Regg has reportedly been dating a burlesque dancer named Raven Isis Holt, according to the Sun. The pair were even spotted dining together as recently as last week.

"Amy can't steal my man," Holt reportedly told a friend, according to the newspaper.

"He's told me they are just friends and I believe him.There's no way he'd leave me for Amy. "

METRO WORLD NEWS

Cops warn Tila over video scare

THE HORROR! THE FAKE HORROR! MTV reality star Tila Tequila received a stern warning after more than 70 police and emergency workers were dispatched to find her, prompted by a video posted to her blog showing a bloodied arm believed to be from suicide attempts.

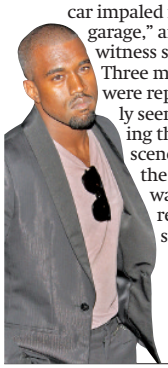
"Tila assured police she was OK," a source says. "Tila was spoken to and advised that it was a stupid stunt."

METRO WORLD NEWS

Kanye's 'stolen' Porsche totalled

CRASHING COUSIN? Kanye West probably regrets allegedly agreeing to lend his cousin his Porsche, since the car ended up crashed into a home in Honolulu, according to Hollyscoop. "There was just a tremendous crash. ... I looked over and saw the car impaled in the garage," an eyewitness says. Three men were reportedly seen fleeing the scene, and the car was reported stolen.

METRO WORLD NEWS



Dr. Pinsky ready to apologize to LiLo

BUT WHERE IS LINDSAY? Dr. Drew Pinsky has been trying to make amends with Lindsay Lohan, but to no avail.

The Celebrity Rehab host showed up the KROQ Weenie Roast concert in Los Angeles over the weekend in the hopes of running into Lohan, according to Us Weekly.

"I was going to reach out to her and say hi and apologize if indeed I caused her any distress; that was never my intention," he says, referring to his speculation two months ago about Lohan's drug use that angered the actress.

But Lohan was a no-show at the concert. Then, at the MTV Movie Awards, Lohan reportedly had her seat moved when she realized how close to Pinsky she'd originally been seated.

METRO WORLD NEWS

J-Lo, Anthony renew vows

GOING STRONG Jennifer Lopez and Marc Anthony celebrated their sixth wedding anniversary over the weekend by renewing their vows during a ceremony in front of friends and family at their home in Hidden Hills, Calif., according to Us Weekly. "We're really looking forward to this one," Anthony tells the magazine.

METRO WORLD NEWS

COME EXPERIENCE FRENCH "JOIE de VIVRE"
French Canadian and Caribbean music artists, wine, food and street buskers
BANQUE NATIONALE GROUPE FINANCIER
AIR CANADA
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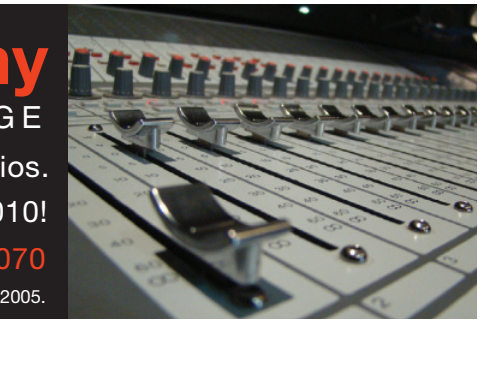
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Today Variable 20° / 9°
Wednesday Partly cloudy 22° / 15°
Thursday Showers 70% 23° / 15°

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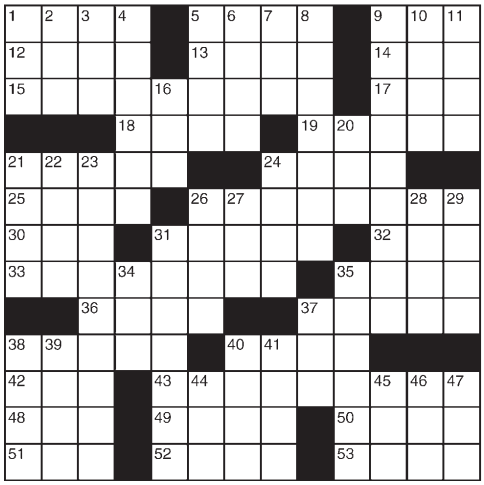


Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4	9		2		1		
8								9
3		1		6				
5		8	2			9		
	9						3	
		6			3	2		8
				5		4		6
7								5
		3		7		8	1	

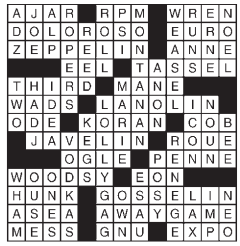
ACROSS

1 Shaft of light
5 Swordfight, e.g.
9 Skirt edge
12 Met melody
13 Con
14 Ended a fast
15 Measuring device
17 Trench
18 Encounter
19 Fisher or Cantor
21 Host
24 From the start
25 Bank transaction
26 Dark and threatening
30 Rail
31 Written in a secret language
32 Shad product
33 Human-like robots
35 Small plateau
36 Addition problems
37 Passenger
38 Yellow-brown color
40 Stereotypical techie
42 — constrictor
43 Anteaters
48 Rowing need
49 Haul behind
50 Profound
51 Wapiti
52 TV award
53 Singer Anita

DOWN

1 Chesapeake or Coos
2 Historic time
3 Atmosphere
4 AMC series set in the ad world
5 Appointment
6 One
7 And so on (Abbr.)
8 Compared (to)
9 Inborn
10 Needle case
11 Apportion
16 Witness
20 Aachen article
21 Portoferraio's isle
22 Complain
23 Crafty poker player, e.g.
24 Dumbfounds
26 "Family Guy" mom
27 Peculiar
28 Small winning margin
29 Paraphernalia
31 Pal
34 Regret
35 Gilbert and Sullivan operetta, with "The"
37 Gun the engine
38 Reed instrument
39 Shade of black
40 Fat measure
41 Tense
44 Branch
45 Roulette bet
46 Mauna —
47 Agent

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

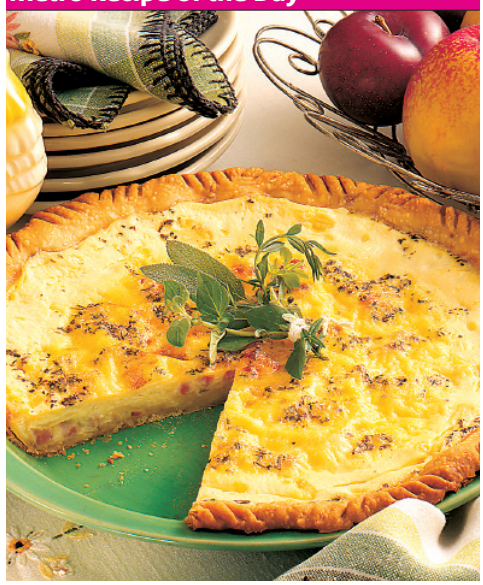


3	5	2	1	4	7	6	8	9
1	6	9	3	8	2	5	7	4
4	7	8	9	5	6	3	1	2
2	8	5	4	1	9	7	3	6
7	1	4	5	6	3	9	2	8
6	9	3	7	2	8	1	4	5
8	3	6	2	9	1	4	5	7
5	2	1	6	7	4	8	9	3
9	4	7	8	3	5	2	6	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Ham and Egg Pie

INGREDIENTS:

1 store-bought pie crust
1 1/2 cups shredded part-skim mozzarella or Swiss cheese
1/2 cup finely chopped cooked ham
2 tbsp all-purpose flour
1 1/2 cups low-fat 1% milk
2 large eggs
2 large egg whites
1/2 tsp dried basil
1/8 tsp black pepper

METHOD:

1. Preheat oven to 400°F (200°C). Line pie plate or quiche dish with pie crust; crimp edge. Line crust with foil and fill with dried beans. Bake 15 minutes or until light brown. Cool pie crust on rack 5 minutes; discard foil. (Save beans for future pastry baking.)

2. Meanwhile, in medium-size bowl, combine mozzarella cheese, ham, and flour. Spread in crust.

3. In same bowl, whisk milk, eggs, egg whites, basil and pepper. Pour mixture into crust. Cover edges of pie with foil. Bake 20 minutes; remove foil. Bake 15 minutes more or until centre is set.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
With Jupiter and Uranus aligned in your sign there is nothing you cannot do if you put your mind to it. Don't waste this opportunity.

TAURUS ♉
APRIL 21-MAY 21
Do something so out of the ordinary today. Because you are usually so predictable it can have a huge effect when you do things that are not expected.

GEMINI ♊
MAY 22-JUNE 21
You will make friends so easily today that it may get a bit tedious when everyone wants to get close to you. Be generous with your time.

CANCER ♋
JUNE 22-JULY 22
You have what it takes to move into a position of power, but you must believe in yourself if you want employers and authority figures to believe in you too.

LEO ♌
JULY 23-AUG 23
Opportunity will knock today and if you've got any sense you will say "Thank You Very Much" and grab what is being offered with both hands.

VIRGO ♍
AUG 24-SEPT 22
What you want and what you need may be different things but there is no reason at all why you can't have them both.

LIBRA ♎
SEPT 23-OCT 23
Whatever you are doing in the way of work or play over the next 24 hours you will be doing it in the glare of publicity.

SCORPIO ♏
OCT 24-NOV 22
Good news is on its way. It may not look good to begin with but if you give it time and if you think creatively you will find ways to further your ambitions.

SAGITTARIUS ♐
NOV 23-DEC 21
It does not matter in the slightest that one or two little things may be going wrong. What matters is that the outlook for you is excellent.

CAPRICORN ♑
DEC 22-JAN 20
A fractured relationship can easily be repaired today. If you make an effort you can get things back to how they were a few months ago. So make it.

AQUARIUS ♒
JAN 21-FEB 18
If you feel like doing something out of the ordinary, don't hold back. Today you can get away with almost anything. Think about it — then act.

PISCES ♓
FEB 19-MARCH 20
Important people are watching you closely and if they like what they see there could be a promotion for you very soon.

This day in history

793: Vikings raid the abbey at Lindisfarne in Northumbria, commonly accepted as the beginning of the Scandinavian invasion of England.
1776 : American Revolutionary War: Battle of Trois-Rivières – American attackers are driven back at Trois-Rivières, Que.
1968: James Earl Ray is arrested for the murder of Martin Luther King, Jr.
1982: Falklands War: Up to 50 British servicemen are killed in an Argentine air attack on two supply ships - RFA Sir Galahad and RFA Sir Tristram.

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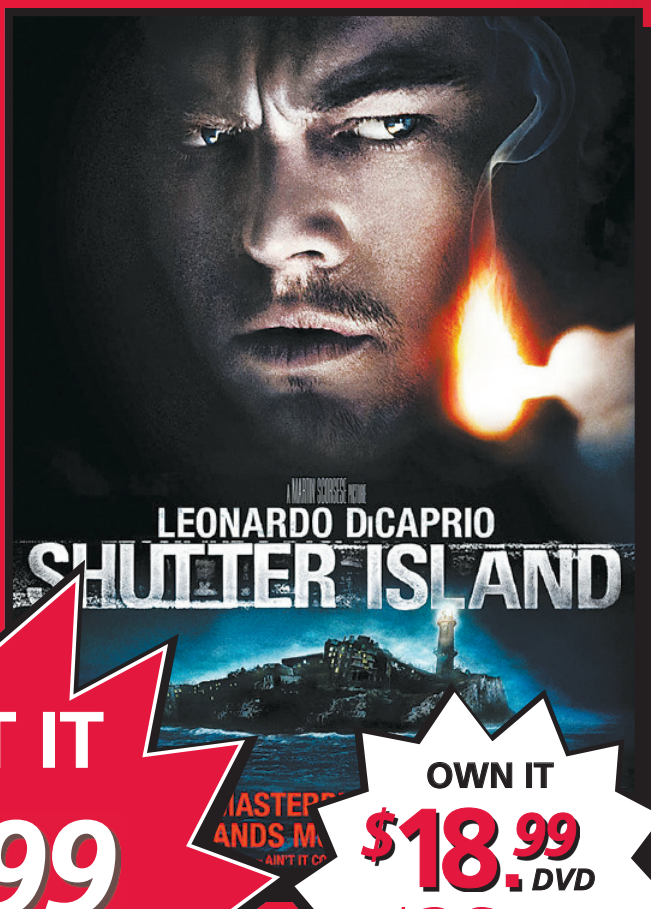

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off the runway

FROM BLIND RIVER TO PARIS, FRANCE

BY PAUL BERTHELOT

When I was a kid, all the young boys in my hometown dreamed of being in the NHL. I, on the other hand, dreamed a casting agent would come from L.A. and discover me. Why an agent would travel to Blind River, population 3200, I didn't care. Needless to say, it never happened.

It was only this past February. I was out of work and looking through online ads for graphic design jobs. It was then that I decided to browse through the *tv, media, fashion* category. I saw someone needing extras for an 80's photo shoot and sent them a photo of myself. Days later they contacted me. Once I got to what I now realize was the RDI models and talent head office, they seemed interested in me for the job, or so I thought. They never booked me for that 80's photo shoot. Luckily I ended up with something more. The agent, Alex Markle, had seen something in me and offered me an exclusive one year contract.

I worked with them for a few short weeks. I practiced runway, expanded my portfolio and did mannequin modeling. Before I knew it, they had a photo shoot lined up for Flare magazine. It was crazy! I had been there less then a month and I was in a group photo shoot for Flare. Soon the same ad ran in Lou Lou. I was thrilled. The feeling of going past news stands, seeing magazines on the shelves and knowing I was amongst those pages was incredible. It was then that an offer was presented to me. RDI wanted to send a fellow male model, G, and I to Paris. They wanted us to do go-sees and photo shoots over a ten day period. It was an amazing opportunity and it didn't take me long to say yes.

> "The feeling of going past news stands, seeing magazines on the shelve and knowing I was amongst those pages was incredible"

We were flying out of Montreal and RDI surprised us with a limo as transportation. It felt surreal. We caught our flight and after many hours, lines and a layover in London we arrived in Paris. We soon realized that the limo was to be the most traditionally "glamorous" part of our adventure. The hotel room was about half the size of my bachelor apartment with two tiny single beds. As bad as that may sound, I couldn't help feeling that this is how every supermodel got their start. I thought of Twiggy, Heidi Klum and Tyra Banks telling stories about starting out as models. They too had to share model housing in strange cities all over the world. In those thoughts I found comfort and excitement. We were just like them.

The city was awe inspiring. I had always assumed that all those amazing photographs of Paris had been purposely taken in small areas that still had old art and architecture. In truth, the entire city looks like those photos. The architecture and history in every nook and cranny of Paris was stunning. We had go-sees all over the city. We went to legendary agencies like Ford Europe, Major Model Management, Idole etc. It's an extraordinary thing to walk into a room and have people study you up and down while they talk to you and to have that considered acceptable, which it was. They would often grab our portfolio, run to the next room for five minutes, return and simply say, "*Pas pour nous, les gars*", meaning basically "no thanks". If we were lucky they took our photos, measurement and gladly accepted our comp cards. Regardless of any negatives, it felt great to be considered a legitimate part of the fashion world.

The photographers were all very nice and accommodating. We did close-up studio shots and photo shoots all over the city including the *Louvre* and the stairs leading up to *Sacré-Cœur*. They all had the same goal of trying to make us look as good as possible and that felt unbelievable. Every picture you take in Paris looks like a postcard and these photos were no exception. Looking at the photos now, it's hard to believe I was ever there.

Between go-sees and photo shoots, we were able to experience Paris as tourists. We did and saw a million things. There are a couple moments that stand out from the rest that I know I'll never forget. As typical as it may sound, seeing the Eiffel tower in reality was astounding. Though we'd seen it from afar for a few days, when we walked up to the base of it I was in complete awe. I never imagined it would be so massive. The feeling of being so close to something so iconic was unbelievable. We spent three hours on the tower and I wasn't at all bored. We were standing on the balcony at sunset looking up at the rest of the tower as it performed its first shimmering light show of the evening. The crowd gasped and it was so magical. Another unforgettable moment was not at all planned. I was waiting in line in front of *Notre Dame* when I turned and saw a Parisian man smoking near some well trimmed bushes. At that moment he put his hand up holding a crust of bread and dozens of tiny, adorable birds emerged from the bushes and started pecking at the morsel of baguette. It was a moment plucked straight out of the pages of a fairy tail.

It wasn't long before we had to fly back to Canada. On the way home we were sitting in the limo taking us back to Ottawa and sipping champagne. It felt like I had just watched an extended episode of America's Next Top Model. I couldn't stop thinking how lucky I was and what a dreamlike experience it had all been. I'm still new at all of this and have a lot I want to accomplish. My advise may sound trite, but what I can say I know for sure is this: If you truly want something, are willing to work for it and surround yourself with people who genuinely support you, the seemingly impossible becomes attainable.◊